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Nothing but net

Norway's Isabell Herlovsen celebrates after scoring against Thailand during FIFA Women's World Cup soccer action on Sunday in Ottawa. Norway beat Thailand 4-0. For more, metroNEWS and metroSPORTS. JUSTIN TANG/THE CANADIAN PRESS

Canada Day raft may be docked

WAKEFIELD, QUE.

No one wants to pitch in with cleanup, organizers say

 **Lucy
Scholey**
Metro | Ottawa

Wakefield's big, famous Canada Day raft may not float down the Gatineau River this year.

Organizers of the red-flag-adorned, Huckleberry-Finn-style vessel say dozens of passengers are keen to board for the July 1 festivities, but no one wants to pitch in with Canada Day cleanup.

"Basically, everyone wants to have the glory of the ride and then no one wants to help out," said Ben Chicoine, a Wakefield raft co-ordinator. "Back in the day, we had 30 people helping dismantle and take care of it.

Now it's down to a couple of people and no one wants to help."

The raft has been a pillar of Wakefield, Que. Canada Day celebrations for at least a decade.

Those who choose to leave the big National Capital Region festivities for a smaller party about 30 kilometres north, may have seen the wooden watercraft floating down the river with at least 50 people on board, cheering alongside the village's annual parade down the main drag. The construction of the raft — and its teardown — has traditionally been a community effort. The biggest problem is towing the raft back up the river to Alcove, Que. Last year, it was a tough push to organize.

"Unless people step up to the plate ... we have all these boats lined up, committed, all this sorts of stuff, we can't make the po-

lice, the municipality happy," said Chicoine.

Back in its early years, the Wakefield raft was a different beast every Canada Day: multi-tiered and complete with tire swings, diving boards and/or fire pits. Two years ago, however, police with the MRC-des-Collines-de-l'Outaouais cracked down on raft dwellers for docking the vessel on municipal property and failing to meet Transport Canada watercraft regulations. The organizers and

police came up with a solution.

They built a one-level 1,000-square-foot, up-to-code raft and agreed to tow it north after the party ended. The new regulated raft has still drawn dozens of Canada Day enthusiasts.

Raft revellers just need to promise they will stick around, Chicoine said.

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City to ink esthetics bylaw

REGULATIONS

New program aims to cut down on spread of diseases

 **Lucy Scholey**
Metro | Ottawa

The City of Ottawa is looking to cut down on infectious diseases and "level the playing field" for tattoo parlours, barbershops, spas and permanent makeup salons through a new licensing program.

Businesses that offer esthetic services — including hair cuts, manicures and body modification — could face fines if they do not meet the standards set out through a proposed bylaw, which will be brought to the Ottawa Board of Health on June 15.

The nearly 1,000 esthetic businesses in Ottawa will have to register — free of cost — with the city. According to city reports, this will "level the playing field" and cut down on the spread of diseases, like Hepatitis B and C, HIV and skin infections.

Under the new bylaw, those businesses would have to keep detailed records of their sterilized equipment, when it was used and all incidents of "accidental exposures to blood and body fluids."

Businesses would also be required to have proper lighting, sinks with running hot and cold water and a table or mat with a "smooth top surface of impervious material" for the client to

"personal services settings") are not regulated. Bylaw officers must rely on word-of-mouth, complaints or their websites to keep track. (There are 970 aesthetic businesses that the city is aware of.)

"There's no list of them," said Dr. Vera Etches, deputy medical officer of health for Ottawa Public Health.

"We know of the ones that we know about and we hold those to a high standard, but there are some that we're not aware of."

In 2012-2013, more than half

of the city's esthetic businesses — 55 per cent — did not comply with infection prevention and control standards.

Because the city cannot fine those businesses, it has been using education campaigns to clean up the industry. It seems to be helping. Last year, the number of non-complying businesses was reduced to almost a third (35 per cent).

Under this new bylaw, however, repeat offenders could face \$1,000 fines.

The regulations are still subject to consultation through

an online survey (available in English, French, Vietnamese, Chinese and Spanish on the city's website) and focus groups.

However, support for the bylaw seems overwhelming, according to a city report.

Sixty-four per cent of surveyed business owners said the industry should be licensed, and an additional 13 per cent agreed, although they had some concerns, mostly related to fees. The city is absorbing the costs through a mix of annual and one-time funding for this new program.



Junior tattoo artist Alicia Alderson tattoos a woman's leg in December 2014 at Living Colour in Ottawa. JOE LOFARO/METRO

94%

A public survey also revealed 84 per cent in support of higher standards for electrolysis, 87 per cent for spas, 90 per cent for piercing, and 94 per cent for tattoo parlours.

lay on.

Currently those types of businesses (which the city calls

 **THIS WEEK**

5 THINGS
to watch for at city hall:

① Tuesday

The Ottawa Public Library Board will vote on the Central Library Development project as the city inches closer to building a new library instead of renovating the existing one on Metcalfe Street.

② Tuesday

The city's planning committee will have a chance to provide input on the 2015-2018 term of council priorities, which will serve as a road map for city council initiatives over the next four years.

③ Wednesday

Councillors will vote on a motion from Somerset Ward Coun. Catherine McKenney to name the new skateboard park at the McNabb Community Centre as the "Charlie Bowins Skateboard Park" in honour of the late Ottawa.

④ Wednesday

City council will vote on the O'Connor Street Bikeway, which would be implemented from Wellington Street to Fifth Avenue. A large chunk of funding (\$3.8 million) is dependent on the strategic initiatives envelope that council must still vote on.

⑤ Thursday

The city's built heritage subcommittee will receive a presentation proposing the transformation of Laurier Avenue East into Prime Minister's Row to recognize the area as the home of former PMs and the Fathers of Confederation.

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Crowds flock to FIFA festivities

Sunday kicked off the first day of the FIFA Women's World Cup in Ottawa. Residents and visitors alike — many travelling north from the United States or east from Toronto — were in game-on mode and dressed the part of international soccer fans. According to numbers from FIFA, just over 20,000 people filled the stadium at TD Place to watch the Group B matches.

Fans who were excited to see Thailand play for the first time were disappointed by the 4-0 loss to Norway, but they said it was exciting all the same. In the second game of the day, Germany annihilated Ivory Coast, walking off the field with an impressive 10-0 win. On Thursday, Germany and Norway will face off at 4 p.m. and Thailand will play Ivory Coast at 7 p.m.

HALEY RITCHIE METRO

ALL PHOTOS: HALEY RITCHIE/METRO



1 Kids getting in on the fun

Five-year-old Aiden, left, was belting out his own rendition of Stompin Tom Connors' Good Old Hockey Game with a FIFA-inspired spin during Sunday's game at TD Place: "The best game you can name is the good old soccer game!" Aiden plays soccer in Ottawa at the Soloway Jewish Community Centre.



2 Thai pride

Phanom Sukasen and Suvijek Janthavong came to Ottawa from Toronto to cheer on Thailand. They both said they have never seen so many Thai-Canadians in once place.



4 Family fun

Stephen and Tatjana Molitor and their daughters Maya, 8, and Lily, 7, are from Germany but live in Ottawa. They came to TD Place to watch the FIFA Women's World Cup game and take in all the action.

SIGHTSEEING

Doors Open offers weekend of discovery for Ottawa residents

Ottawa may boast plenty of tours and museums, but the city still has its secrets.

Getting a peek inside Ottawa's most exclusive buildings can turn even the very tourist-weary residents into starry-eyed gawkers for a day.

This year, Doors Open Ottawa turned 14 and included access to over 120 locations, including plenty of embassies, historic sites, municipal services and national landmarks.

"We're only living here for a short time so we're taking advantage of everything while we can," said Jessica Simmons.

Simmons, her husband Justin and their children were visiting the Supreme Court on Sunday. The historic building was one on a long list of places they'd checked out over the weekend.

"It's part of the history of Canada, and we're trying to impart on the kids the importance of going to these national institutions," said Justin.

The family recently moved to Ottawa from Nova Scotia, and were intent on ticking off as many historic sites as they could over the two days of Doors Open, including Laurier House, which was Jessica's

favourite.

"Just knowing it was preserved from the day that he died, so it was pretty cool seeing that, all the small artefacts," she said.

The family also visited Rideau Hall, the French Embassy, the Royal Mint and the Rideau Club.

"It's really neat that they open up the doors and let people see inside," said Justin.

Social media-savvy residents posted photos and comments to Twitter and Instagram under the hashtag #OpenDoorsOttawa.

At the Supreme Court, the volume of people going through meant the usual guided tours were cancelled and visitors could walk at their own pace.

Another popular tour with online buzz was the Britannia Yacht Club, where visitors climbed aboard the Black Jack tall ship.

Hydro Ottawa's tour of the Chaudière Falls Generating Station No. 2 was so busy there was a 30-minute wait to get in for a view of the giant turbines and preserved vintage dials.

HALEY RITCHIE/METRO



The Simmons family explores the Supreme Court during Doors Open Ottawa 2015. HALEY RITCHIE/METRO



Pope Francis SULEIMAN
OMERBASIC/THE ASSOCIATED PRESS



NDP Leader Thomas Mulcair.
ADRIAN WYLD/THE CANADIAN PRESS

NDP leader wants Pope to apologize

ABORIGINAL ISSUES

Asks PM to seek statement for residential school scars

Prime Minister Stephen Harper is being urged to take advantage of an audience with Pope Francis this week to seek a formal apology for the role the Roman Catholic Church played in Canada's residential school disgrace.

NDP Leader Tom Mulcair says the timing of Harper's visit to the Vatican is fortuitous, coming just one week after the Truth and Reconciliation Commission called on the Pope to travel to Canada to issue an apology.

Mulcair says Harper should ask Pope Francis if he'd be willing to do so.

Harper is scheduled to meet the Pope on Thursday, as he wraps up a whirlwind trip to Ukraine, Germany for the G-7 summit, Poland and Rome.

Church officials in Canada have in the past apologized for the abuse suffered by thousands of aboriginal children in church-run residential schools, as have the United, Anglican and Presbyterian churches.

But Justice Murray Sinclair, who headed the just-concluded Truth and Reconciliation Commission, says the Pope is the "spiritual and moral leader" of the church, and residential-school survivors are disappointed that he has not yet made a "clear and emphatic public apology" in Canada.

In an interview Sunday with CTV's Question Period, Mulcair noted that Pope Francis' predecessor, Benedict, formally apologized for the abuse of children in church-run schools in Ireland.

"With all the evidence that's now on the table, the Vatican should issue a formal apology for the Catholic Church's role in the residential schools," Mulcair said.

"While the prime minister is with the Pope, he should simply ask him if he's willing to issue that sort of an apology. That's something constructive that's being asked for that we could do."

Aboriginal Affairs Minister Bernard Valcourt's office said Sunday that the minister has written to the Vatican — as well as to provinces, territories and the Federation of Canadian Municipalities — to bring to their attention the commission's report and 94 recommendations.

THE CANADIAN PRESS

MULCAIR URGES REALISM

Mulcair said it's unrealistic to promise to implement all 94 of the report's recommendations, as Liberal Leader Justin Trudeau has done.

An NDP government would "sit down with First Nations; we'll prioritize, we'll get to the subjects that they

consider the most important and we'll do it in (the) order that they consider the most important," he said.

"It's not a matter of snapping your fingers and saying that you're going to do all 94 at once. That's not realistic and it's not going to happen."

LABOUR

Ontario teachers gear up for fall strike

Ontario's teacher unions say work-to-rule, followed by one-day or rotating strikes, will happen this fall if no collective agreements are worked out between now and the start of school.

Leaders of the four teacher unions — representing public elementary and secondary teachers, Catholic and French — met Thursday night in downtown Toronto to map out possible co-ordinated job action, as

all are expected to be in strike position by September.

James Ryan, president of the Ontario English Catholic Teachers' Association, said that while final details have to be worked out with his union executive, a work-to-rule is likely to start things off and any further job action will escalate from there.

He also warned there's not a lot of time to reach deals because bargaining will be slow come summer. THE CANADIAN PRESS



High school teachers picket outside Peel School Board offices at Hurontario St. and Matheson Blvd. W. in Mississauga, Ont., last month. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

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Pot risky for teens: Docs

HEALTH

Evidence points to psychosis, says CHEO psychiatrist

Scientific studies increasingly suggest marijuana may not be the risk-free high that teens — and sometimes their parents — think it is, researchers say.

Yet pot is still widely perceived by young smokers as relatively harmless, said Dr. Romina Mizrahi, director of the Focus on Youth Psychosis Prevention clinic and research program at the Centre for Addiction and Mental Health.

She cites a growing body of research that warns of significantly higher incidence of hallucinations, paranoia and the triggering of psychotic illness in adolescent users who are most predisposed.

"When you look at the studies in general, you can safely say that in those that are vulnerable, it doubles the risk."

Such fallout is increasingly evident in the 19-bed crisis



A woman smokes pot in her home on the first day of legal possession of marijuana for recreational purposes in Washington. Scientific studies increasingly suggest marijuana is not the risk-free high that teens — and sometimes their parents — think it is. ALEX BRANDON/THE ASSOCIATED PRESS

monitoring unit at the Children's Hospital of Eastern Ontario in Ottawa.

"I see more and more cases of substance-induced

psychosis," said Dr. Sinthu Suntharalingam, a child and adolescent psychiatrist. "The most common substance that's abused is cannabis."

One or two cases a week are now arriving on average.

"They will present with active hallucinations," Suntharalingam said. "Parents

When you look at the studies in general, you can safely say that in those that are vulnerable, it doubles the risk.

Dr. Romina Mizrahi

will be very scared. They don't know what's going on.

"They'll be seeing things, hearing things, sometimes they will try to self-harm or go after other people."

She and Mizrahi, an associate professor in psychiatry at University of Toronto, are among other front-line professionals who say more must be done to help kids understand potential effects.

"They know the hard drugs, what they can do," Suntharalingam said. "Acid, they'll tell us it can cause all these things so they stay away from it. But marijuana? They'll be: 'Oh, everybody does it.'"

THE CANADIAN PRESS

IN BRIEF

Marijuana grow-op busted

Ottawa police say they dismantled a marijuana grow operation in the city's rural southeast Thursday and arrested a man who was hiding in brush nearby.

Officers with the east district patrol division visited the operation in the early-morning hours near the Anderson Road and Russell Road area, close to the railway lines. There, they found a cooler filled with seedlings and then seized 172 marijuana plants.

METRO

Plane crashes, sinks

Two men are in hospital with unspecified injuries after a seaplane crashed and sank into the Ottawa River.

The crash occurred at about 12:30 p.m. Saturday. The cause is still under investigation and police don't know where the flight originated.

Police say two unidentified men were rescued from the plane by boaters on the river.

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HALIFAX CARRYING THE TORCH Mark de Jonge, a kayaker from Halifax and an Olympic bronze medallist, carries the Pan Am Games torch into Grand Parade in Halifax on Sunday afternoon. The torch was in Halifax to promote the Pan American Games, being held in Toronto from July 10 to 26. HALEY RYAN/METRO IN HALIFAX

Iranian staff abandoned

IRAN AND SYRIA

Documents show contrast in closure of two embassies

Documents obtained under access-to-information legislation show a stark contrast between the way Canada treated its former employees in Syria and those in Iran.

In Syria, a civil war prompted Canada to pull up stakes, while in Iran, a decision by Canada to cut off diplomatic ties with the government was behind the move.

In Syria, layoffs of local staff began in January 2012 and ended with the full closure of the embassy in March of that year. A week after, then-ambassador Glenn Davidson wrote a memo on how it was handled, offering advice for future such closures. For locally engaged staff, workplaces are not just jobs and sources of income, they're also sources of pride, he wrote. "Our bottom line was: look after your staff as you would wish to be looked after yourself," he said.

Each employee met individually with his or her manager, got a photo, a certificate of appreciation and even offers of counselling. Severance was paid immediately, and arrangements were made for pensions and benefits.

"But it wasn't surprising the way they treated us — Canadians know how to treat people," said

Basila, a former employee, who asked that her real name be withheld to protect her family.

The memo may not have reached Tehran. Iranian locals knew they weren't fully trusted — that was part of the stress of working for a foreign government, especially one Iran didn't like, said Afsaneh, a long-time embassy employee who asked that her real name not be used.

Canada announced on Sept. 7, 2012, it was listing Iran as a state sponsor of terrorism and ending diplomatic relations, with Canadians already out of the country.

Afsaneh found out about it from a friend watching the news on BBC. With the embassy doors locked, personal belongings of many local staff — who considered the embassy the safest place to store items like passports, diplomas and cash — remained inside for over two months. And they waited as long for their severance pay and benefits.

A group of staff wrote an angry letter to Prime Minister Stephen Harper and other senior officials in October that year, the first of several attempts at recouping their money and belongings.

The toxic relationship between Tehran and Ottawa was putting their lives and families at risk, they wrote, saying none would be able to find work.

The Foreign Affairs department declined a request for an interview and did not directly respond to specific questions about how Iranian staff were treated.

THE CANADIAN PRESS

GROWING NORTH

Students envision cheaper food in Nunavut

A group of university students will head to Nunavut this summer to build a greenhouse to produce cheaper food for one remote community.

Ryerson University students Stefany Nieto and Ben Canning met two years ago and wanted to tackle an issue affecting Canadians. Food is hard to come by in Nunavut, especially produce, which arrives via boat or plane. And it's egregiously expensive. Starvation is therefore

a real threat in places such as Repulse Bay, at the Arctic Circle in central Nunavut. "That's the reality they have to face every day," said Canning, 19.

So they decided to take action, emulating similar programs in Alaska and Sweden and calling their project Growing North.

Last summer, the students flew to Repulse Bay — which will revert to its traditional Inuktitut name, Naujaat, on July 2 — to do further research. They said

they spoke with 10 per cent of the population. The community loved their idea and has since donated land for the greenhouse.

The plan is to focus on fruits, vegetables and herbs, which will be grown with hydroponic technology that uses nutrient-rich water rather than soil.

With the community on board, the business-management students said they managed to raise more than \$150,000 through donations.

They are in the process of buying a greenhouse that looks a bit like an igloo. Technically it's called a geodesic dome, a modular sphere made with triangular polycarbonate panels.

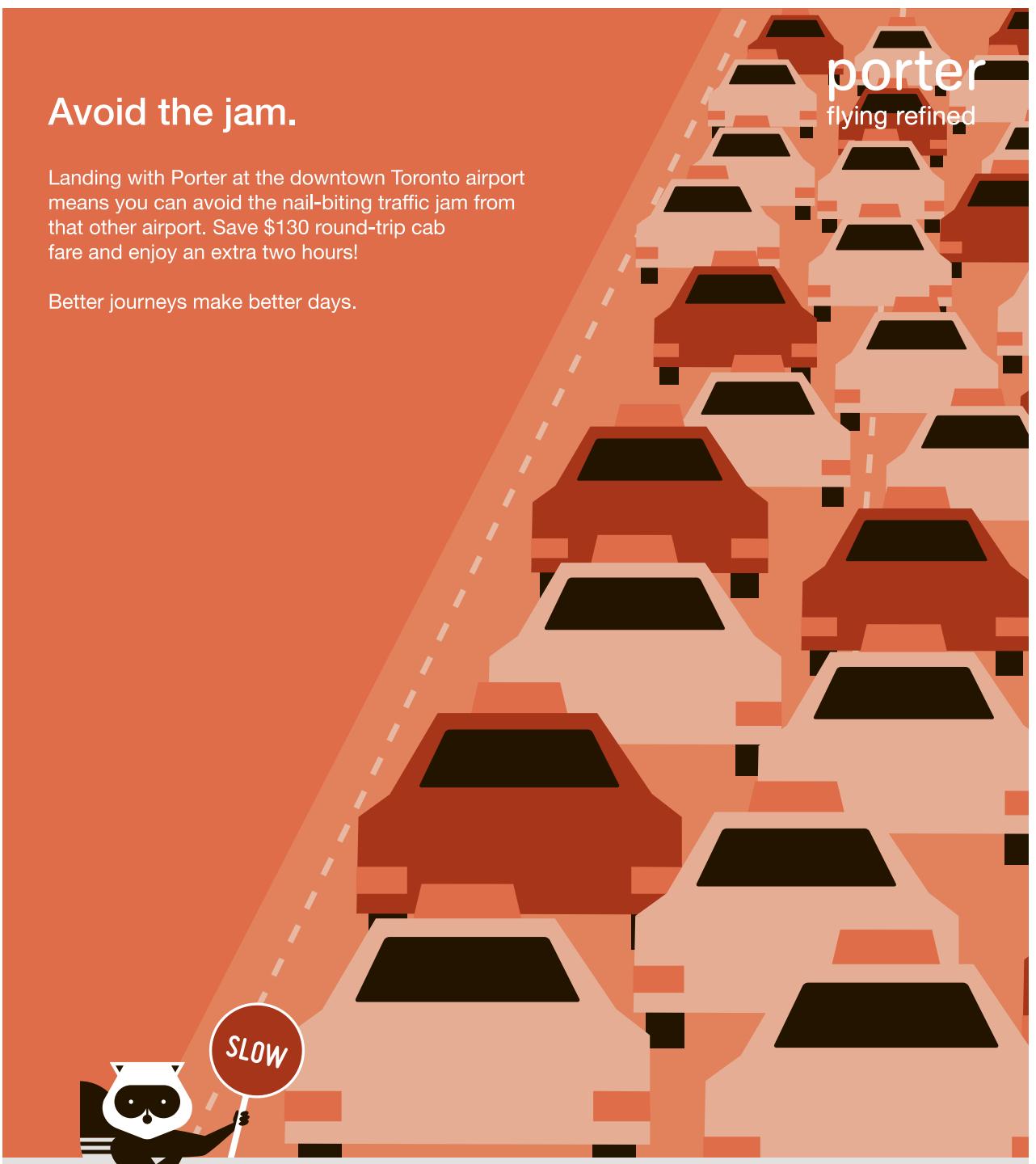
In early August, Nieto will head up to Nunavut for five weeks, while Canning and three other students will join her two weeks later to build the greenhouse in co-operation with members of the community.

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IN BRIEF**Mulcair promises cities more money from gas tax**

NDP Leader Tom Mulcair is promising Canada's cities an extra penny from the gas tax.

Mulcair told the Federation of Canadian Municipalities convention in Edmonton Saturday that an NDP government would provide an extra \$1.5 billion each year for roads, bridges and other infrastructure through the existing gas tax by the end of its first term. He also promised an NDP transit plan would see \$1.3 billion invested each year over 20 years, and said there will be incentives for the construction of affordable homes.

"The fact is, the gas tax transfer is one of the best tools available to help cities with their long-term needs," Mulcair told the FCM conference on Saturday.

Liberal Leader Justin Trudeau said his plan focused on affordable housing, transit and infrastructure, better technology, and helping cities adapt to extreme weather catastrophes caused by global warming.

THE CANADIAN PRESS

Toronto mayor calls for end to carding

Toronto's mayor says he wants to end the practice of routinely and randomly stopping citizens in the streets to obtain personal information.

John Tory said Sunday that he intends to go before the police board on June 18 to call for carding to be eliminated. Critics of the practice have said it tends to disproportionately affect young black men and has led to distrust of police. The practice was suspended in January by then police chief Bill Blair, but his successor, Mark Saunders, has defended carding as a valuable tool.

THE CANADIAN PRESS



Prime Minister Stephen Harper, centre, jokes as he talks with President Barack Obama and other leaders on Sunday during dinner at the G7 meeting at Schloss Elmau near Garmisch, Germany. ADRIAN WYLD/THE CANADIAN PRESS

Harper pushes for trade pact with EU

ECONOMY

PM talked up agreement at G7 summit

Prime Minister Stephen Harper used Sunday's opening of the G7 summit to push European leaders to ratify the comprehensive Canada-EU free trade agreement.

Harper's office said he talked up the trade pact at the G7's first working session of the day on the fragile global economy.

"Prime Minister Harper encouraged European members of the G7 to swiftly implement

the job-creating Canada-EU trade agreement," his office said in a statement.

Harper met European Council President Donald Tusk, and the European Commission President Jean-Claude Juncker, where he was expected to push the deal.

Canada and the EU have an agreement in principle on a sweeping pact for goods and services, but the legal text still must be finished so it can be ratified by Canada and the EU's 28-member countries.

Ratifying the pact, known as CETA, would be a major political win for Harper with the planned Oct. 19 federal

+ SANCTIONS

Germany's Angela Merkel and President Barack Obama presented a united front in affirming the need to maintain sanctions on Russia.

election looming. Harper used a meeting with German Chancellor Angela Merkel to push for CETA's ratification.

Harper also met with British Prime Minister David Cameron, and they discussed the need to grow the fragile global economy as well as addressing two

of the world's leading security issues: the crisis between Russia and Ukraine and the fight against the Islamic militants in Iraq and Syria, said his office.

They emphasized the need for Russian President Vladimir Putin to honour the Minsk peace agreement that was seriously undermined by a renewed outbreak of violence in eastern Ukraine this week.

Harper arrived in Germany's scenic and mountainous Bavarian region for the G7 after stopping in Kyiv and assuring Ukrainian leaders that he would push for solutions to their ongoing conflict with Russia.

THE CANADIAN PRESS

QUEBEC

Dignitaries, citizens pay respects to Parizeau

DETAILS

The state funeral for Parizeau, who died last Monday at the age of 84, will take place Tuesday in Montreal.

Quebec's legislature opened its doors on Sunday to allow citizens to pay their last respects to former premier Jacques Parizeau, one of its most famous representatives.

The funeral procession, led by Parizeau's widow Lisette Lapointe, arrived just before 10 a.m. after which the Fleur-de-lis draped coffin was brought into the large hall, transformed into a funeral parlour for the day.

This was the second day of public visitations for Parizeau, who died last week.

Like Saturday's Montreal view-

"He was such an inspiring man," said Gerald Gobeil, a Quebec resident. "He carried the independence project forward but we can't forget what he did, with others, for the Quiet Revolution. We can't forget who we were before Parizeau and company arrived," he said.

In the line of citizens, retired policeman and Parizeau's former bodyguard, Victor Landry, waited patiently for his turn to enter the building.

Among the dignitaries, Parti Québécois leader Pierre Karl Péladeau visited Parizeau's casket for

a second day in a row. Speaking to reporters, he highlighted Parizeau's role in creating the provincial pension fund manager and state-run investment company, and said he gave "hope" to the people of Quebec.

The leader of the opposition party Coalition for Quebec's Future, François Legault, said that Parizeau gave the people of Quebec pride.

Because he gave them confidence in their means, all Quebecers, regardless of political convictions "are his heirs," Legault said.

THE CANADIAN PRESS



Lisette Lapointe, wife of former Quebec premier Jacques Parizeau, looks upon her husband's casket in Quebec City on Sunday. JOURNAL DE QUEBEC/AGENCE QMI/THE CANADIAN PRESS

MALAYSIA

Naked Canucks blamed for quake

The Department of Foreign Affairs says it is assisting two Canadians barred from leaving Malaysia, amid reports that the pair could be charged after allegedly posing naked atop the country's highest peak.

Spokesman Nicolas Doire says the department is aware they have been prevented from leaving the country, adding that Canadian consular officials in Malaysia are in contact with local authorities.

Foreign Affairs would not confirm the identity of the Canadians, citing privacy concerns, but Malaysia's foreign affairs ministry identified them as Lindsey Petersen and his sister Danielle Petersen.

A magnitude 5.9 earthquake on Friday sent rocks and boulders raining down the trekking routes on 4,095-metre-high Mount Kinabalu in eastern Sabah state on Borneo island.

Search efforts for six missing climbers continued on Sunday, after rescuers recovered 13 dead from a strong earthquake that had trapped scores of trekkers.

Sabah Deputy Chief Minister Joseph Pairin Kitingan blamed the tragedy on a group of 10 foreigners who "showed disrespect to the sacred mountain" by posing naked at the peak last week. He said a special ritual would be conducted later to "appease the mountain spirit."

Officials have said a group of foreigners — including two Canadians — broke away from their entourage and stripped naked before taking photos at the mountain peak on May 30.

Floyd Petersen said he was unaware of the allegations against his son and daughter, but said they were travelling through Southeast Asia and had not mentioned the matter to him.

THE CANADIAN PRESS



SPAIN REMEMBERING THE MOSS MEN Moss men and a reveller carry Spanish flags as they take part during the Corpus Christi procession in the small village of Bejar, Spain, on Sunday. Every June, men covered in moss parade through the streets to commemorate a daring raid that local legend says helped liberate the town from Muslim occupation. Locals believe that during the reign of King Alfonso VIII of Castile (1155-1214) men camouflaged themselves in moss from nearby forests to approach the gates of a Muslim fortress, undetected. ANDRES KUDACKI/THE ASSOCIATED PRESS

DELAWARE

Obama gives moving eulogy at funeral for Biden's son

For U.S. President Barack Obama and Vice-President Joe Biden, there have been trying moments since they took office more than six years ago.

But the recent death of Biden's son, Beau, has magnified a striking personal bond between Obama and Biden, men from different generations and backgrounds.

"Joe, you are my brother," Obama said in a deeply personal eulogy at the younger Biden's funeral Saturday in Delaware. "I'm grateful every day that you've got such a big heart, and a big soul, and those broad shoulders."

Obama's voice cracked throughout his remarks, a rare public display of emotion for a president with a typically cool demeanour. Biden, on the other hand, can overflow with emotion at even mundane White House events.

The 53-year-old Obama and his 72-year-old vice-president overlapped for a few years in the Senate, but they were not particularly close. After winning the Democratic presidential nomination in 2008, Obama picked Biden as his running mate in part because he hoped the Delaware senator's 36 years in Washington would offset his own inexperience.



Joe Biden shares a hug with Barack Obama on Saturday at St. Anthony of Padua R.C. Church in Wilmington, Delaware. WILLIAM BRETZGER/THE WILMINGTON NEWS-JOURNAL/THE ASSOCIATED PRESS

As the White House and Congress barrelled toward a tax increase deadline in the closing days of 2012, it was Biden who called on his deep Capitol Hill relationships to avert a crisis, filling the void for a president who has struggled with the kind of personal touch that appears to come so easily for the vice-president.

More than Biden's political or policy skill, aides say it's the vice-president's closeness with his family that appeals to Obama.

Biden largely kept his son's health struggles private, but White House officials say Obama and the vice-president had sever-

al conversations in recent weeks about Beau Biden's recurrence of cancer.

When Obama addressed the large crowd packed into a Roman Catholic church in Wilmington, Del., it was clear he was speaking not as a political ally but as someone suffering alongside the Biden family.

After sharing a long embrace with Biden, Obama said of his own family, "We've become part of the Biden clan."

"The Biden family rule applies," he continued. "We're always here for you, we always will be — my word as a Biden."

THE ASSOCIATED PRESS

Turkish ruling party loses ground

PARLIAMENTARY ELECTION

Preliminary election results suggest AKP no longer majority

In a stunning blow to President Recep Tayyip Erdogan, preliminary results from Turkey's parliamentary election on Sunday suggested that his party could lose its simple majority in Parliament.

With 99 per cent of the vote counted, Erdogan's ruling Justice and Development Party, the AKP, had the support of about 41 per cent of voters, according to state-run TRT television. According to projections, that would give it some 258 seats — 18 below the minimum needed to keep its majority.

It's an indication of how precipitously Erdogan's fortunes have fallen in the campaign. He had begun the campaign asking voters for 400 seats, a massive majority that would have allowed the party to change the constitution to give the presidency extraordinary powers. AKP would have needed a majority of 330 seats of the total 550 to call for a national referendum to change the constitution.

AKP received around 49 per cent of the vote in general elections in 2011. The setback would be first time that the party is faced with falling short of a majority to rule alone since it swept into power in 2002.

"Erdogan turned the election into a referendum on his personal ambitions," said Fadi Hakura, a Turkey specialist at London-based Chatham House. "These elections have put his plans on the back burner for a very long time."

Erdogan himself was not on the ballot. Still, the election was effectively a referendum on whether to endow his office with powers that would significantly change Turkey's democracy and prolong his reign as the country's most powerful politician.

The pro-Kurdish HDP's apparent leap above the 10 per cent threshold, at 12 per cent, would

This is the victory of democracy over loutishness.

HDP official Sirri Sureyya Onder

vault it into a significant position in the Parliament, winning seats greatly at the cost of the ruling party's current majority and making constitutional change on AKP's terms unlikely.

Sirri Sureyya Onder, a senior HDP official, who won a seat in Ankara, said the party would not celebrate its breakthrough as to avoid provoking opponents, but he took an apparent shot at the ruling party. "This is the victory of democracy over loutishness, of freedom over oppression, of modesty over conceit, of peace over war," he said.

The vote came amid high tensions after bombings Friday during a HDP rally killed two people and wounded scores.

THE ASSOCIATED PRESS

ISRAEL

Netanyahu slams 'silence' on attacks

Israeli Prime Minister Benjamin Netanyahu on Sunday criticized what he described as the world's "silence" over recent rocket attacks from the Gaza Strip, drawing a quick response from his country's closest ally, the U.S.

Netanyahu, speaking at his weekly Cabinet meeting, said he hadn't heard anyone condemn three rocket attacks from Gaza over the past two weeks. The rockets caused no damage, nor any injuries.

"It will be interesting to see if this silence continues when we use all our strength in exercising our right to defend ourselves," Netanyahu said.

In Germany, White House spokesman Josh Earnest said U.S. officials had spent "a lot of time talking about this" during Israel's recent war with Hamas in the Gaza Strip.

"This is not the first time

It should be clear: The hypocrisy that is sweeping the world will not chain our hands from defending the citizens of Israel.

Prime Minister Benjamin Netanyahu

that I've stood at a podium like this and strongly condemned rocket attacks by extremists in Gaza against innocent Israeli citizens," Earnest said. "Clearly, the United States stands with the nation of Israel as they defend their nation and their people from these attacks."

THE ASSOCIATED PRESS

ITALY

No more shelter for migrants: leaders

Heartened by recent election successes by an anti-immigrant party, Italian politicians based in the north vowed Sunday not to shelter any more migrants saved at sea, even as thousands more were being rescued in the Mediterranean from smugglers' boats in distress.

Over the weekend, nearly 6,000 migrants were rescued by an array of European military vessels, including 2,371 who were saved on Sunday from 15 boats that ran into difficulty shortly after smugglers set off with them from Libyan shores, the Italian coast guard said.

Two German military ships brought a total of some 1,400 people to Sicilian ports Sunday.

THE ASSOCIATED PRESS

IN BRIEF

Saudi Supreme Court upholds verdict against liberal blogger Raif Badawi

Saudi Arabia's Supreme Court upheld an internationally condemned verdict against a liberal blogger who was publicly flogged after being found guilty of insulting Islam, state-linked news websites reported Sunday. The Supreme Court's decision to uphold the sentence of Raif Badawi, a 31-year-old father of three who was lashed in January in a public square, is final and cannot be overturned without a royal pardon.

THE ASSOCIATED PRESS

Saudi-led coalition strikes Yemen's army headquarters

Saudi-led airstrikes before dawn Sunday targeted the headquarters of Yemen's armed forces in the rebel-held capital of Sanaa, killing at least 22 people, officials said. They said the dead were mostly soldiers and that the airstrikes damaged several nearby homes. Residents said at least three airstrikes hit the headquarters, a short distance from the city's centre. The officials spoke on condition of anonymity because they were not authorized to speak to journalists.

THE ASSOCIATED PRESS



CHINA RESCUERS, FAMILIES HOLD MEMORIAL FOR VICTIMS OF CAPSIZED SHIP Family members hold up a photo of a passenger who was a victim in last Monday's cruise ship incident in Jianli county, in southern China's Hubei province. Nearby ships blared horns for three minutes Sunday and rescuers bowed in silence to honour the more than 430 victims of the Yangtze River capsizing, as specialists began working on DNA samples from relatives to identify the dead. CHINATOPPIX/THE ASSOCIATED PRESS

Police comb border after prison break

NEW YORK STATE

Officials worried men may try to enter Canada

The brother of a slain sheriff's deputy had forgotten the names of those involved in the killing more than a decade ago. Then came a daring prison break: Two convicted murderers hid dummies in their beds and used power tools to cut their way to freedom.

The cunning escape from an upstate New York prison on Saturday had hundreds of local, state and federal law enforcement of-



Richard Matt. NEW YORK STATE POLICE/THE ASSOCIATED PRESS



David Sweat. NEW YORK STATE POLICE/THE ASSOCIATED PRESS

ficers searching for one of the deputy's killers and another man imprisoned for dismembering his boss.

Richard Matt and David Sweat staged what Gov. Andrew Cuomo called "a really elaborate, sophis-

ticated operation" that ended at a manhole cover blocks away from the prison.

The men had filled their beds inside the Clinton Correctional Facility with clothes to appear as though they were sleeping, cut

into steel steam pipes and shimmed out of the prison. On one pipe cut in the escape, investigators found a note with a crude Asian caricature along with the words, "Have a nice day."

Sweat, 34, is serving a sentence of life without parole after he was convicted of first-degree murder for killing a sheriff's deputy in Broome County, New York, on July 4, 2002. Matt, 48, is serving a sentence of 25 years to life for the kidnapping, dismemberment and killing of his former boss in 1997.

CTV News reported that officials believe the men may try to enter Canada through Ontario or Quebec. Alerts have been broadcast to police in the Greater Toronto Area. THE ASSOCIATED PRESS

ISIL RECRUITING

Former al-Qaida trainee now steering Europe's youth away from lure of jihad

He learned warfare in an al-Qaida training camp, did time at Guantanamo and more time in a French prison. With such a résumé, Mourad Benchellali may seem an unlikely youth counselor — but he is telling his story to young Europeans, warning them against the lure of jihad.

The 33-year-old Frenchman is one of a small number of Europeans presenting their jihadi past as an example for others not to follow. Many see men like him as a powerful tool to deter youth

from heading to Syria — while Western governments are wary of them. Benchellali meets with young audiences at least once a week in France, Belgium and Switzerland to persuade them of the folly of flying off to join ISIL or other groups waging holy war in Syria and Iraq.

"There are kids who are tempted, who've been approached," Benchellali told The Associated Press. "They come to listen, they are curious and the fact that I'm a former Guantanamo (prisoner),

that speaks to them ... I give them tools to understand."

A practising Muslim, Benchellali above all strives to take the glamour out of jihad. As a 19-year-old, he viewed the voyage to al-Qaida's training camp in Kandahar, Afghanistan, as a romantic adventure. The reality, he tells youths, was a shock: grinding physical exercises in blazing heat, weapons training and propaganda videos in the evening, along with mind-numbing organization rigorously en-

forced — and a compulsory 60-day minimum stay. Then came the Sept. 11 attacks, followed by U.S. bombings in Afghanistan and mass flight from Kandahar. He escaped through the mountains to Pakistan, only to be arrested and turned over to American forces — and sent to the U.S. Navy base at Guantanamo Bay, Cuba. There, he languished for 2 1/2 years in a small cage. He filed a lawsuit against the United States for torture and sequestration.

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Abortion rights advocates fill the rotunda of the State Capitol in Austin, TX, on July 12, 2013, as Texas senators wrap up debate on sweeping abortion restrictions. Abortions have declined in states where new laws make it harder to have them — but they've also waned in states where abortion rights are protected, an Associated Press survey finds. TAMIR KALIFA/ASSOCIATED PRESS

U.S. seeing decline in abortions

REPRODUCTIVE RIGHTS

Explanations vary as both red and blue states affected

Abortions have declined in U.S. states where new laws make it harder to have them — but they've also waned in states where abortion rights are protected, an Associated Press survey finds. Nearly everywhere, in both Democratic-leaning and Republican-leaning states, abortions are down since 2010.

Explanations vary. Abortion-rights advocates attribute it to expanded access to effective contraceptives and a drop in unintended pregnancies. Some foes of abortion say there has been a shift in societal attitudes, with more women choosing to carry their pregnancies to term.

Several of the states that

have been most aggressive in passing anti-abortion laws — including Indiana, Missouri, Ohio, and Oklahoma — have seen their abortion numbers drop by more than 15 per cent since 2010. But more liberal states such as New York, Washington and Oregon also had declines of that magnitude, even as they maintained unrestricted access to abortion.

Nationwide, the AP survey showed a decrease in abortions of about 12 per cent since 2010.

One major factor has been a decline in the teen pregnancy rate, which in 2010 reached its lowest level in decades. There's been no official update since then, but the teen birth rate has continued to drop, which experts say signals a similar trend for teen pregnancies.

The AP obtained the most recent abortion numbers from the health departments of all 45 states that compile such

data on a comprehensive basis. (States not compiling such data are California, Maryland, New Jersey, New Hampshire and Wyoming.)

With one exception, the data was from either 2013 or 2014 — providing a unique nationwide gauge of abortion trends during a wave of anti-abortion laws that gathered strength starting in 2011.

Among the groups most active in promoting the restrictive laws is Americans United for Life. Its president, Charmaine Yoest, suggested that the broad decrease in abortions reflected a change in attitudes among pregnant women.

"There's an entire generation of women who saw a sonogram as their first baby picture," she said. "There's an increased awareness of the humanity of the baby before it is born."

But advocates for abortion rights said the figures demonstrate that restrictive laws are not needed to reduce the number of abortions significantly. That can be achieved, they said, by helping more women obtain affordable, effective contraception, including long-lasting options such as IUDs

and hormonal implants.

"Better access to birth control and sex education are the biggest factors in reducing unintended pregnancies," said Cecile Richards, president of the Planned Parenthood Federation of America. "More restrictive abortion laws do not reduce the need for abortions."

While some of the new laws have been blocked by lawsuits, most have taken effect, contributing to closure of about 70 abortion clinics in a dozen states since 2010.

States with the most closures, according to state officials and advocacy groups, include Texas with 27, Michigan and Arizona with about 12, and Ohio with at least four. Two clinics closed in Virginia, including one that was the state's busiest.

The only states with significant increases in abortions since 2010 are Republican-led Louisiana and Michigan, which have passed laws intended to restrict abortion.

Louisiana — where abortions increased 12 per cent between 2010 and 2014 — was recently honoured by Americans United for Life as the No. 1 state in taking steps to reduce access to abortion.

NEW RESTRICTIONS

Elizabeth Nash, a state-issues expert for the Guttmacher Institute, a research group that supports abortion rights, said a total of 267 abortion restrictions have been enacted in 31 states since 2011.

Among them are meas-

ures that ban most abortions after 20 weeks of pregnancy, impose hospital-like physical standards on abortion clinics, and require doctors who perform abortions at clinics to have admitting privileges at nearby hospitals.

Connecticut at 21 per cent — have passed no recent laws to restrict abortion clinics or providers.

Judy Tabar, CEO of Planned Parenthood of Southern New England, said the declines in Connecticut and Rhode Island were due in part to expanded access to long-lasting contraception methods that are now fully covered by private or government health insurers under the federal Affordable Care Act. THE ASSOCIATED PRESS

Better access to birth control and sex education are the biggest factors in reducing unintended pregnancies.

Cecile Richards, president of the Planned Parenthood Federation of America



There's an entire generation of women who saw a sonogram as their first baby picture.

Charmaine Yoest, president of Americans United for Life



MINING

Women's coveralls rock fashion show

Alicia Woods' "eureka" small business idea came via the call of nature.

She was a mile underground touring a Sudbury nickel mine 15 years ago in a bulky, oversized pair of men's coveralls, as part of job shadowing for her future sales position for a mining equipment manufacturer.

"I thought, 'Uh-oh, what if I have to use the washroom?' It was all men down there and all they had was a porta-potty," she recalls.

About four years ago, she was in a potash mine in Saskatchewan and had to make an embarrassing trip to the loo that took far longer than the men because she had to remove the full safety outfit.

"That was it," says the mother of two.

Covergalls was born soon after, when she found a seamstress to put together a sample design of women's coveralls, with wrist snaps, adjustable Velcro at the waist and two-way zippers to fit various sizes — and of course a secret trap door for



Alicia Woods, CEO and founder of Covergalls, shows off coveralls designed for women. TORSTAR NEWS SERVICE

when nature calls.

Though women make up only 17 per cent of the staff in the Canadian mining sector today, or 46,000 people, her market research told her those who work hands-on as miners, geologists and engineers tend to buy several pairs of coveralls at a time, a few times a year.

The Sudbury native found a local manufacturer and the business took off. She pitched it to CBC's Dragon's Den in 2014 to help her grow her burgeoning clothing line, which has since expanded to include women's safety gloves and even a men's line known as Coverguys — since, after all, mining men prefer easier access for trips to the facilities, too.

But it's Covergalls that will be front and centre at the Women Who Rock mining fashion show Monday night at the Art Gallery of Ontario in Toronto.

The first-annual Hard Hats and High Heels event will bring together a rather odd couple: the Canadian fashion industry and women of the mining industry — many of whom are part of the Women Who Rock informal networking organization, whose goal is to empower women who work in the industry.

"Mining is male-dominated and maybe clothing is not considered important or seen as frivolous," said Elena Mayer, president and founder in 2014 of Women Who Rock. "But students tell us that no one puts enough emphasis on wardrobe, whether it's in the mine or the office."

So besides Covergalls for those heading underground, the show will feature Canadian fashion brand Judith & Charles with a collection aimed at integrating modern influences with feminine softness and strength — modelled by women who work in the metals industry.

TORSTAR NEWS SERVICE



A report by the Fur Institute of Canada is calling for the revival of the controversial seal penis trade as part of a five-year plan aimed at creating new markets for seal products by using every part of the carcass. DAN KITWOOD/GETTY IMAGES

Key hunt supporter touts seal penis sales

EAST COAST SEAL HUNT

Fur Institute sees Asian buyers as main target market

Sales of Canadian seal products could get a lift if the federal Fisheries Department adopts a plan that, among other things, calls for the revival of the controversial seal penis trade, a key supporter of the East Coast seal hunt says.

The report, drafted by the Fur Institute of Canada, is aimed at creating new markets to support an earlier proposal to kill 140,000 grey seals over five years in the southern Gulf of St. Lawrence — 70 per cent of the grey seals that frequent the area.

Fishermen have long com-

plained that a growing population of grey seals is to blame for eating too many commercially valuable fish, which has resulted in repeated calls for a cull.

The Fur Institute says its five-year plan, dated March 2014, focuses on creating markets for a number of products that could be derived using every part of the seal carcass.

"The penises of juvenile and adult animals may be dried and sold as sexual enhancement products, particularly to Asian buyers," says the report, obtained through the Access to Information Act.

"Asian consumers, particularly athletes, also consume a beverage called Dalishen Oral Liquid that is made from seal penis and testicles, which they believe to be energizing and performance-enhancing."

Officials at the Fisheries De-

\$650

The sale of Canadian seal penises hasn't attracted headlines since the late 1990s when the International Fund for Animal Welfare filed a lawsuit against the federal Fisheries minister, claiming the trade was the most cruel aspect of the seal hunt. At the time, the penises were being sold for up to \$650 each. The market shrivelled after Viagra appeared on the scene, though a much smaller market still exists.

partment declined an interview, but said in an emailed response that they were considering the report.

Dion Dakins, chairman of

the committee that wrote the study, said the decision to develop a market for seal penises stems from the belief that no parts of the carcass should be wasted.

The Fur Institute's plan calls for a squad of five fishing boats carrying a total of 40 hunters to kill seals for nine months of the year.

The study says the hunters could be equipped with Beretta 9 mm semi-automatic rifles with silencers. The use of silencers, needed to prevent spooking the animals, would require legislative changes, as such equipment is banned in Canada.

The total cost of implementing the plan would be around \$9 million, assuming buyers could be found to pay up to \$4 million in the first year for about 70,000 carcasses.

THE CANADIAN PRESS

MONTREAL

Jazz festival pulls in big cash

When Ray Charles opened the inaugural Montreal International Jazz Festival in 1980, founder Alain Simard was working on a budget of \$70,000.

Little did he know that years later the festival would stave off financial ruin and draw millions in money and crowds to become one of the country's most economically successful events of the summer.

"We could never have imagined that it would become a symbol of Montreal and bring about \$100 million economic windfall each year," said Simard,

who is overseeing his final festival this year beginning June 26.

The early years were challenging. The festival nearly went bankrupt in 1986 after a major cigarette company sponsor pulled out and its costs grew by operating at two outdoor venues.

While older jazz festivals like Montreux and Newport charged admission, Montreal's pioneered a formula that included holding free outdoor events to shine a light on unknown artists and paid indoor performances featuring world

headliners. It worked.

Nearly two million people now crowd the city's streets each year during Montreal's jazz festival, which operates on a budget of \$30 million including government subsidies and corporate sponsorships. About 150,000 people pay \$30 to \$150 to see artists from the world of jazz and other musical genres.

The festival infuses about \$63 million into the economy from tourists, creating about 2,000 direct jobs and adding tens of millions to government coffers in taxes, said Simard.

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Monday, June 8, 2015

MYMETRO

Stephanie Tawse, Ottawa

What are you up to?

I just had gelato, people-watched and went to the dog park. Now I'm heading back home.

What is your commute?

To which job? I have like five jobs. I mostly bike. I work at a bike shop. (Biking) is good cardio, and I live in Old Hull and it takes 15 minutes to get downtown. It's actually a lot faster than busing.

What's the one thing everyone in Ottawa should do at least once?

Wednesday yoga on Parliament Hill! I go almost every week. It's awesome.

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ROSEMARY WESTWOOD

metroview



"We ... builders of cities, expect to feel safe from wildlife."

You haven't known fear until you've been dive-bombed by a crow.

You haven't known terror until you've run down the street, arms covering your head, yelping with every brush of black wings.

We, humans, builders of cities, expect to feel safe from wildlife on the streets, because we own them.

But crows own the skies.

Sophia Lindgren in Vancouver understands this, having been repeatedly attacked two springs in a row. It's nesting season again, and it's as if the crows have marked her.

"It goes back and forth and goes, 'Caw! Caw!'" she told Metro Vancouver last week, "and it kind of swoops right over my head, and sometimes it scratches me."

I know the feeling, Sophia.

I spent one spring in Victoria cowed by the crows along my route to work. I used an umbrella as a shield, unsure if the bun on my head was the problem, or if I had somehow offended them.

Crows, after all, don't dive for nothing. They're highly intelligent. They can use tools and speak to each other — one in Manitoba can even speak a few words in English. They can reason at the level of a seven-year-old. They are said to remember people's faces, for good or ill, for years.

Maybe Sophia or I scowled

at one once, and never knew the impact. More likely, we were seen as a threat to the fledgling crows.

Ravens, the majestic cousins of the crow, don't bring the same terror. Solitary and aloof, they don't interfere with our sense of urban dominance.

We don't see them chatting and circling overhead with their brethren. They don't flock in the tens of thousands like the crows over Burnaby do. They don't cover whole neighbourhoods, as crows did in Halifax last year.

There are tens of millions of crows across the U.S. and Canada, and researchers say their populations are rising in cities, where food is plentiful.

Crows easily adapt to urban environments and "will eat anything they can get their beaks on," said Derek Matthews, founder of the Vancouver Avian Research Centre, a man keen to redeem the "villain" crow.

When they attack, they're only protecting their young, he said with compassion.

But we, in our cities, see another threat. Here, more than anywhere, we want to control nature.

Crows, swooping, calling, smart and unpredictable, remind us that we cannot.

Our cement fortresses are not impenetrable. Even here, we can be hunted.

A modest proposal: add bike lanes to O'Connor

COLLINS' CAPITAL

Steve Collins



If you were trying to show a visitor the charms of your city, the stretch of O'Connor Street north of Isabella probably wouldn't be on your list.

It's not that there aren't delights along its length, like Dominion Chalmers United Church, or the mammoths standing sentry outside the splendid Museum of Nature, but it's chiefly a sluice of cars and pavement, just one long on-ramp to the Queensway. It seems set up not as a place to be, but a place to pass through as rapidly as possible.

Perhaps this gracelessness makes residents more receptive to something different — nothing bold, now, just some bike lanes. A north-south cyc-

ling "spine" for the downtown core, from Wellington to Fifth seems headed for a smooth ride at council this week.

"It's almost anti-climactic," Coun. David Chernushenko, a booster of the plan, said at transportation committee. "I don't feel like I have to make a big profound appeal to support this project because we didn't hear anyone come out to say 'don't build it.'

There are inevitable compromises. The route won't immediately connect to Lansdowne, and it has shared (rather than segregated) lanes in the Glebe. Some parking spaces will be lost, and others relocated to side streets. As currently planned, lanes won't be maintained in winter.

But there's so much right about this plan. It was developed after public workshops, door-to-door inquiries along O'Connor, even an or-

ganized bike tour of the area. On this modest \$4-million project, a city with an uneven record on consultation made conspicuous efforts to listen.

It also fits neatly with other pieces of the downtown picture. O'Connor's scheduled to be resurfaced next year anyway. The northbound section to Wellington will eventually join riders to the new Parliament LRT station, and in the meantime will connect with existing Laurier bike lanes.

It's hard to believe those were controversial when they opened four years ago. The Bank Street BIA released a written report that raised alarms about safety, but which barely disguised an overriding worry about downtown parking and its effect on business. Even cyclists worried they'd be less safe at intersections.

The plan was soft-pedalled as a 'pilot project,' though the

likelihood of reversal after installation always seemed remote to me. If disingenuous, it was perhaps reassuring to those who feared change.

Change was good. Cycling traffic tripled while collisions decreased. Some business owners I've talked to still pine for lost parking, but the commercial sky didn't fall.

As a chronic walker who may never cycle Laurier, I still love that bit of separation between steel and bone, the markings at intersections that seem to encourage everyone to pay attention and simply the higher ratio of human faces to headlights. It's possible even O'Connor could become lovable.

Steve Collins lives in Ottawa. He might also be the guy behind you on the bus, pretending not to notice you're reading this. Act casual.

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PHILOSOPHER CAT
by Jason Logan





School's out and so's your wallet

FAMILY BUDGET

How to rein in the high cost of keeping children busy

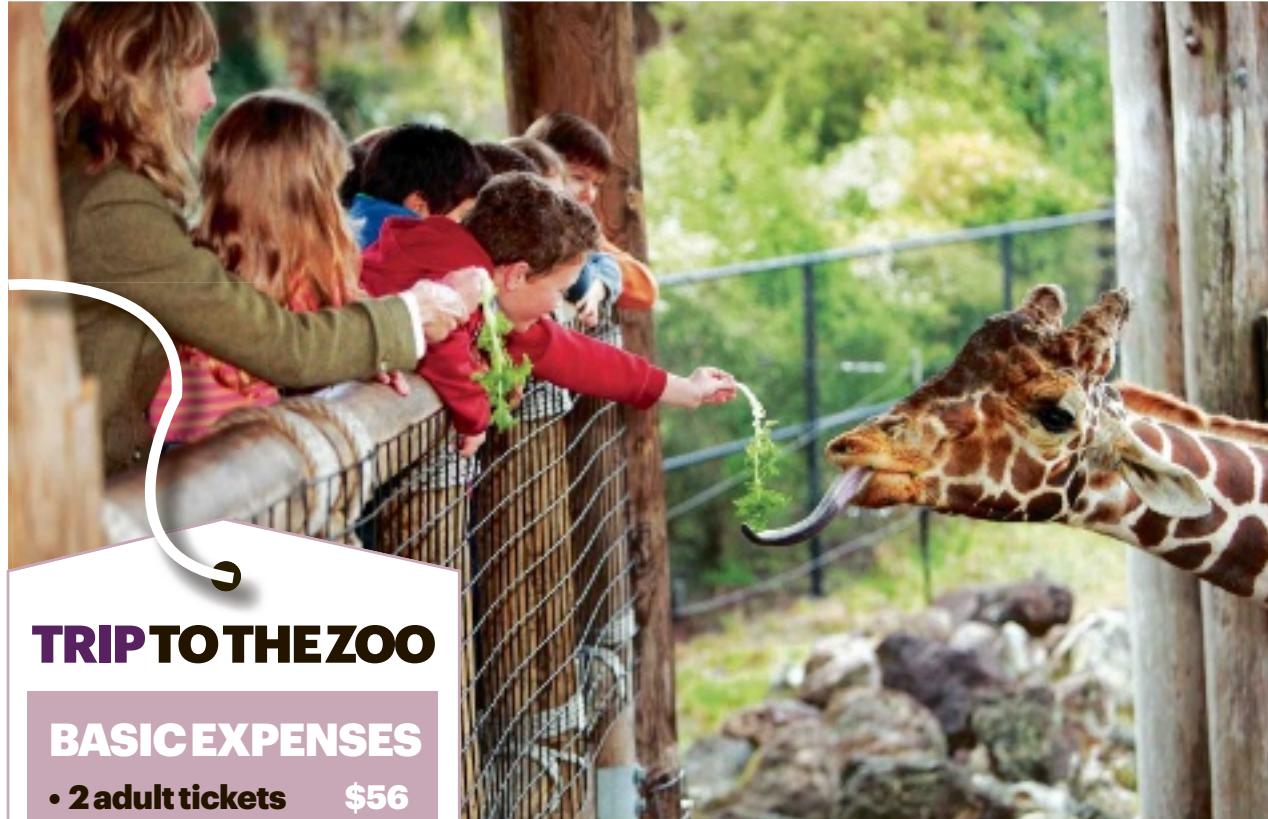
Megan Haynes
For Metro | Life

As parents brace for the end of school, many are feeling the pressure of the high cost of keeping kids entertained over the summer, a new report from TD Canada finds. Indeed, 56 per cent said they consider the additional cost of summer activities like camps, classes, sports programs, day trips and family vacations stressful.

The study, which surveyed 6,100 Canadians, found 71 per cent of parents expect to pay up to \$999 per child for these extra costs, while 10 per cent plan to spend more than \$1,500 per child, says Linda Mackay, senior vice-president, retail savings and investing at TD.

Many will dip into their savings (11 per cent), charge to their credit cards (13 per cent) or try to cut back on other expenses (26 per cent) in order to cover the additional cost, the report found.

This year, parents who didn't plan ahead will get a bit of a reprieve, Mackay says, as the universal child care benefit was expanded in the federal budget. The new program dishes out \$160 a month per child for kids under six, and \$60 per month



TRIP TO THE ZOO

BASIC EXPENSES

• 2 adult tickets	\$56
• 2 kids tickets (ages 3-12)	\$36
• Parking (or transit day pass)	\$12

Using current rates at the Toronto Zoo

per child for those between six and 17 (as opposed to the previous program that handed out \$100 only to kids under six). And it's retroactive to January,

she says, which means parents who have signed up for the universal child care benefit can expect a bigger cheque in the mail in July.

Carol Wong-Li, a senior lifestyle analyst at research company Mintel, recently studied consumer-spending habits. She

says Canadians generally, and parents in particular, want to reduce their spending in 2015 opting to focus on costs that will reduce their stress, such as mortgage or credit card debt.

As a result, parents want to cut back on their leisure and entertainment spending.

"When you're a family of four, and you're buying four tickets for something, it's auto-

matically the ticket price times four," she says. For example, tickets to the Toronto Zoo will cost two parents and two kids nearly \$100, before food and drink.

Wong-Li says parents should hunt for free outdoor festivals as alternatives to paid attractions or programs. She suggested talking to both online and offline social networks to ask other

parents for advice on free activities (and she reminds people it's give-and-take: share your own free alternatives).

"Parents spend more on home care items, like cooking products and tissue paper, than the average Canadian," she says.

Looking for sales and deals on household products might be one way to free up some cash to pay for children's activities.

For forward-looking people, Mackay says the simplest solution to help ease the stress is to put aside a little bit of money each month — even \$20 per paycheque — to help alleviate the financial burdens of the summer months. She says automated savings programs are a simple way to do this.

She also suggests taking advantage of early registration for activities, saying many programs offer discounted rates. "It's a bit late now, but (parents) can make a calendar reminder for January or February (2016) to check for early bird pricing for next year's summer activities," she says.

\$ SAVE ON FUN

Other ways to save on fun for your kids this summer

1 Dip into those reward points to pay for your hotel, plane ticket or even ticket attractions.

2 Check out cheap/free activities offered by your local municipality.

3 File your receipts: a lot of your kids' summer activities might be tax deductible.



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PETER THIEL FELLOWSHIP

They're taking \$100K to ditch school and chase their dreams

A group of young Canadians are leaving school with cheques in hand to kick-start technology-oriented business ventures.

"I'm very excited," Mississauga native Cathy Tie told Torstar News Service on Friday. The 19-year-old is leaving the University of Toronto after only one semester to develop a company that seeks to improve the accuracy of genetic testing.

"I think the Thiel Fellowship is a great program," she said.

Tie is one of four Canadians to win this year's Peter Thiel Fellowship, an annual program that offers \$100,000 US in funding and two years' worth of mentorship to 20 young entrepreneurs willing to drop out of school to focus on their fledgling businesses.

"The mission of the fellowship is to empower young people to take an alternate path in bringing a great idea into the world," says Jack Abraham, the fellowship's executive director.

"There is an alternate path to college, and in some ways, if you choose to take that path — which not everyone will or can — it can actually lead to more learning than you would get even in the university system."

The program, founded in 2010 by billionaire PayPal co-founder Peter Thiel, has offered 80 fellowships to date.

"The world has seen such a tremendous amount of improvement from people who have chosen to drop out of college and start companies, whether that's Bill Gates, Mark Zuckerberg, Larry Page or Sergey Brin," Abraham says.

Chosen from a pool of more than 2,800 applications — more



After being awarded a \$100,000 Peter Thiel Fellowship, Cathy Tie is staying away from school to develop a company that seeks to improve the accuracy of genetic testing. CONTRIBUTED

than four times the number received last year — all of the Canadian winners are under the age of 22.

Tie began her undergraduate studies in bioinformatics at the University of Toronto in September 2014. She took a leave of absence after one semester to move to San Francisco to devote her time to developing Ronomics — a company focused on improving the accuracy of genetic testing.

"There's a huge gap in our knowledge of genetic variance," Tie says. "We're creating this database of all the variations of hereditary cancer genes right now so the next time we sequence a patient, we know exactly how their individual genetic makeup will translate into their disease risk."

Tie says her entrepreneurial parents are thrilled with the news. She's still unsure, however, about whether she'll return to school.

"I really do enjoy the entrepreneurial community here in San Francisco with biotech, so it's really hard to say right now," she says.

The other Canadian winners are: Simon Tian of Montreal; Harry Gandhi of Waterloo, Ont.; and Liam Horne of Cambridge, Ont. Tian has founded a company that designs wearable technology to help people perform day-to-day tasks. Gandhi is developing contact lenses that can monitor glucose levels in diabetics. Horne has co-founded Piinpoint: a software company that aims to help retailers set up shop in the right location by analyzing demographic details, traffic patterns and spending habits.

"It's going to give us peace of mind to know that Piinpoint, and myself, can just go about doing what we're doing," Horne told The Canadian Press on Friday.

In a statement announcing this year's winners, Thiel noted that "college can be good for learning about what's been done before, but it can also discourage young people from doing something new, especially when it leaves them in debt."

TORSTAR NEWS SERVICE WITH FILES FROM THE CANADIAN PRESS

They have proven that young people can succeed by thinking for themselves instead of competing on old career tracks.

Peter Thiel in a statement announcing this year's fellowship winners



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DEBT

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MONEY MATTERS

Gail Vaz-Oxlade
gailvazoxlade.com



Canadians are carrying \$1.8 trillion in debt. How much of that is yours? ISTOCK; PHOTO ILLUSTRATION BY METRO

I'm making quite the reputation drumming home some very common-sense ideas about money. Unfortunately as common sense as these rules may be, there are a lot of people for whom these rules are not obvious. I meet people who are spending money on credit and not paying it off in full every month and I scratch my head. Part of the problem comes from how we think about debt. We tend to keep it in little piles that make us feel we can manage it, no problem. When we're forced to add it all together, we freak out and then we're paralyzed by dread.

How much debt do you think Canadians are carrying in total?

- \$5.5 billion
- \$10.9 billion
- \$76.9 billion
- \$1.2 trillion
- \$1.8 trillion

Canadian household debt hit \$1.8 trillion — yes that's "trillion" with a T. To put it in perspective, we Canadians are carrying more debt than Europeans or Americans at the peak of their credit bubble.

When we hear how dire things are going to be, often we think to ourselves, "Well, I can't do anything about that." Or we think, "I'm screwed." Or we think, "I don't know what to do." And what we often feel is a rising sense of panic. We don't know what to do. We don't know if we will be OK or not. And our not knowing makes us feel out of control. So we feel scared. And we feel sad. And we feel powerless to do anything to change our picture.

Staying with a pessimistic I'm-not-in-charge approach means you will never take control of your money. If this is the way you've been thinking, it's time to change how you think.

The first thing to wrap your head around is how big your debt really is.

Grab a pen right now and scribble down a list of who you owe and how much. You've seen me work with people on TV. As

part of the stuff they have to send me, they must make a list of their debt, what they used it for, and the interest rate they're paying. Then I can analyze their finances.

I bet if you lent someone at work \$60 and it was due back Tuesday, you'd be banking on getting that money back. Yet when it is we who owe the money, we seem all too willing to play loosey-goosey with the info. So people routinely fill out those forms with numbers they just pluck from the air. How's your list coming? Almost done?

People usually have no trouble coming up with the usual suspects for their list of debts: mortgage, credit cards, line of credit, department store cards, student loans. Did you include your car loan or car lease? If you write that car off tomorrow, you're still on the hook for the money you owe. Yeah, insurance will cover some of it, but maybe not all. It's a debt.

How about that buy-now-pay-later financing for that snappy new furniture? It may not be due yet, but it's still debt. And if you don't have it paid off in full by the due date, the interest rate — usually somewhere way up high — clicks in retroactively to the day you took home that comfy new couch. That can raise your true cost up by as much as 50 per cent.

Did you use the RRSP Home Buyers' Plan for the down payment on your home? That has to be repaid. It's debt. Have you tapped your family or your friends for money? Don't forget them.

And here's my favourite. The debt most people leave off their list: overdraft. I'm not talking about the overdraft you have access to, I'm talking about the overdraft you're using. If your bank account is in negative territory, that is DEBT, so add it to your list.

Listen, I know it's easier to think of what you owe in smaller pieces. You owe \$800 on a credit card and \$1,600 on a line of credit, and you still owe \$12,000 on a student loan. Oh, and there's the \$700 on that department store card. Plus the \$650 on overdraft. But keeping it in your little piles is helping you avoid your reality. And it's easy to think that your home's increased value more than offsets your debt. But if house prices fall (which all assets can), the debt doesn't go away, so you'll be left wearing concrete-debt boots.

As long as you haven't yet faced how big your debt is, you'll continue to delude yourself into thinking you don't have to do anything about it. The only way to get to a better place financially is to tell the truth. Add it up. Face your reality. Know your truth. Then you can get busy taking steps to fix being broke!

Playing favourites

ADVICE

Combat office inequality by stepping up

OFFICE RELATIONS

Eleni Deacon



Even the fairest bosses sometimes play favourites. And while it's natural for managers to click with some colleagues better than others, their preferences can cause tension. Being the boss's go-to can mean higher-profile projects, after-work perks or even first-in-line access to a promotion. For the favourite, it's great. But less-loved employees can feel unappreciated and invisible.

If your manager exhibits in-everyone's-face favouritism, don't blame the object of their affection. Although it may take some painful self-appraisal, it's worth questioning why Katie was chosen to attend that conference while you were stuck at your desk. Your boss might be swooning for personal reasons — maybe she and Katie share similar interests or sense of humour — but it's also possible that Katie does the best job.

Focus on improving your own performance, rather than obsessing over someone else. What are the behaviours that make your boss's bestie shine brighter than the rest? Maybe it's their atti-

tude. Maybe they're reliable. Or maybe they revamp tired administrative processes with creative new ideas. Once you identify the qualities that make the favourite exceptional, see if you can incorporate elements of their style into your work. To make your boss see you in an equally stellar light, don't hate — emulate.

It's more complicated if favouritism is the result of abstract social connections.

No matter how much overtime you commit, you may never share as many giggles with your superior. It's not wrong for your boss to have a bud. But if it's a bud-with-benefits, especially professional pluses like bonuses or off-the-book vacation days, it's worth attempting a tactful chat.

When meeting with your manager, avoid trashing their current No. 1.

Instead, voice your own aspirations. Pitch your wishes — more opportunities, more communication — and ask how you can reach these goals. It might be tempting (and justified) to call out their favouritism, but articulating your ambitions will likely be more effective than airing your grievances. At the very least, a one-on-one conversation will bring you closer to your superior.

While recognition is important to workplace satisfaction, don't let frustration over favouritism become a distraction. Build a strong track record. You may not be their darling, but you'll still earn their respect.



Mirroring the boss's favourite can be an opportunity to learn the habits of the highly successful. iSTOCK

APP REVIEWS KRIS ABEL'S DIGITAL PICKS FOR THE WEEK



Matchup

- iPhone/Matchup.io
- Free

Matchup lets you co-ordinate challenges with your friends regardless of which wearable fitness trackers they use. A dashboard makes it easy to compare scores and there are public online challenges to try, too.



YP Dine Canada

- iPhone
- Free

This restaurant finder from Yellow Pages draws upon curated lists by Canadian food experts to help you find local places to eat tailored to your mood and tastes. It includes maps, hours, photos and reviews, but no menus.



Peter Pan

- Kindle/iBooks/Kobo
- Free

They designed props used in the Harry Potter movies. Now the artists at Minalima have reimagined Peter Pan with illustrations that capture moments of poetry and maps, letters and labels that bring out details from the classic.

MIND THE APP

Kris Abel
@RealKrisAbel



HowStuffWorks

- iPhone/iPad/Android
- Free

Based on the popular site that takes silly questions about history, culture and human behaviour seriously, this daily feed includes videos, quizzes, posts and podcasts to help you unwind with casual, quirky trivia.

cations Research Institute International (ATR) said they worked under the principle that people feel closer to whomever they are speaking with when two or more senses are engaged, such as hearing and touch.

"One Japanese venture is looking to solve that problem of feeling distant when speaking on the telephone by offering cushions that look a little like small people, with a skin-like texture, that can hold your mobile device."

The Hugvie, which has a head, a torso and short limbs — think Casper the Friendly Ghost, but without facial features — is the result of a collaboration between robot engineers, a futon vendor and a textile firm.

Users put their phone inside the Hugvie when making a call, and then embrace it, in what one researcher dubbed "cushion-style communication media."

Engineers at the Advanced Telecommunications

and it actually is rooted in science: research has shown that physical contact with a simple, inanimate object decreased levels of cortisol, the hormone associated with stress.

The Hugvie — a portmanteau of "hug" and the French word for "life" — measures 80 centimetres by 55 centimetres (31 inches by 21 inches), and will sell for 10,000 yen (\$80) in Japan when it goes on sale in September.

AFP

BAD MANNERS

Snoop Dogg thick-headed in interview

A CBC camera operator said she felt very "belittled" after rapper Snoop Dogg referred to her as "thick" during an interview last week.

Stephanie Clattenburg was shooting an interview with the rapper in Truro, N.S. on the set of the TV series Trailer Park Boys.

The broadcaster said that during the interview with reporter Elizabeth McMillan Snoop Dogg made apparent references to Clattenburg's figure.

"I like your camera girl, too. She's thick. Damn," the rapper can be heard saying on the taped interview that the CBC later broadcast.

"It was creepy and awkward," said Clattenburg in comments posted on the CBC's website.

In an interview broadcast on the CBC on Sunday, Clattenburg said she found the comments embarrassing.

"He wanted to embarrass me and he did, I turned beet red," she said.

"A lot of people talk about this being a compliment," she said. "Is a compliment something that is going to make a



Rapper Snoop Dogg GETTY

women feel extremely embarrassed and belittled and laughed at? I don't think that's a compliment."

A CBC story on the comment cited an Urban Dictionary definition for "thick" as meaning a woman who had nice legs and bottom.

Snoop Dogg was in Nova Scotia filming episodes for the Trailer Park Boys. His comment drew considerable reaction on social media with many people condemning it.

The rapper was not immediately available for comment. On his Twitter account he posted that he was on the set of the Trailer Park Boys but makes no mention of the CBC interview.

THE CANADIAN PRESS

metro SPORTS

Lewis Hamilton coasted to victory at Montreal's Formula One Canadian Grand Prix

Monday, June 8, 2015



IN BRIEF

Wawrinka captures French Open title

Stan Wawrinka won the French Open by beating No. 1-seeded Novak Djokovic 4-6, 6-4, 6-3, 6-4 in the final Sunday, thwarting Djokovic's bid to complete a career Grand Slam.

The eighth-seeded Wawrinka, so long in the shadow of his Swiss Davis Cup teammate and pal, Roger Federer, collected his second major title after last year's Australian Open.

In doing so, Wawrinka put a stop to Djokovic's 28-match winning streak and left the 28-year-old Serb ruing another close call at Roland Garros.

This was the third time in the last four years that Djokovic lost in the final at the clay-court tournament, the only major title he has never won.

THE ASSOCIATED PRESS

Jays stage ninth-inning rally for fifth straight win

Chris Colabello's two-run single in the ninth inning gave the Toronto Blue Jays a dramatic 7-6 victory over the Houston Astros on Sunday afternoon at Rogers Centre.

He drove a pitch from Luke Gregerson back up the middle that scored Jose Reyes and Jose Bautista to the delight of the 35,571 fans in attendance.

Colabello extended his hitting streak to a career high 17 games on the play and gave Toronto its season-high fifth straight victory. THE CANADIAN PRESS

Barca revels with fans after completing treble

Thousands of Barcelona's fans flocked to the city centre on Sunday to celebrate with their team a day after it won its fifth European Cup and completed a historic treble of titles.

Having already won the Spanish league and Copa del Rey trophies, Barcelona became the first team to complete a sweep of the Champions League and its two main domestic competitions in the same season on two separate occasions. Barcelona first achieved the rare feat in 2009.

Barcelona beat Juventus 3-1 on Saturday.

THE ASSOCIATED PRESS

Sinclair starts host squad off on right foot

WOMEN'S WORLD CUP

Captain lifts Canada past China, 1-0 in opener



Cam Tucker
Metro | Vancouver

As she has done so many times in the past, Christine Sinclair played the hero for the Canadian women's soccer team, this time in the opener of the 2015 FIFA Women's World Cup.

Before an announced crowd of more than 53,000 fans clad in red and white at Commonwealth Stadium, the Canadian captain stepped up to the penalty spot and scored on a perfect shot, off the inside of the post and in, to lift Canada to an anxious 1-0 win over China on Saturday.

That means three points to the Canadian side, which couldn't find a way to break through China's defence until a penalty kick was awarded for a foul in the box, leading to Sinclair's defining moment in second-half stoppage time.

Under head coach John Herdman, the women's soccer program in Canada has taken a turn in a positive direction, a bronze medal in the 2012 Olympics proving that.



Christine Sinclair scores on a penalty kick in a 1-0 win over China in Edmonton on Saturday.

KEVIN C. COX/GETTY IMAGES

In turn, the expectations on Canada's entry in this tournament, especially on home soil, appear greater than in years past. A mix of younger talent with a veteran core group is highlighted by the fact the Canadians still possess one of the best players in the women's game in Sinclair.

For 90 minutes, the underdog China team frustrated Can-

53,058

The announced attendance for the match

ada. It was ugly. That suited the Chinese side just fine. But they could only hold on for so long.

The Canadians had ball pos-

session for 62 per cent of the game. They had 14 attempts, and went into full-on attack mode late in the second half, needing a goal. Their tactics forced China into a careless foul on 22-year-old Adriana Leon in the box, setting up Sinclair.

At 31 years old, and with 154 international goals in 224 caps, there is going to come a time when Sinclair is no longer

+ 154 GOALS

Canadian captain Christine Sinclair added to her legacy with her stoppage-time winner against China on Saturday at the Women's World Cup.

Her successful 92nd-minute penalty kick, which gave Canada a 1-0 victory, was the 154th goal of her 224-game international career.

It was also her eighth goal at the World Cup, elevating the 31-year-old from Burnaby, B.C., to 11th position in tournament all-time scoring.

Sinclair joins Birgit Prinz, Sun Wen, Bettina Wiegmann, Mia Hamm, Kristine Lilly and Julie Foudy in scoring at four different World Cups. THE CANADIAN PRESS

around to be the hero for the Canadian squad.

The Canadians, playing in Group A, face New Zealand on Thursday in Edmonton. They'll need to be better than they were against China, especially as this tournament goes along.

But eventually on Saturday, with the nation watching, Sinclair literally got Canada's hopes of a Women's World Cup title on home soil off on the right foot.



Germany's Anja Mittag controls the ball between Ivory Coast's Sophie Ague, left, and Fatou Coulibaly on Sunday at Lansdowne Stadium. NICHOLAS KAMM/AFP/GETTY IMAGES

Germany rocks Ivory Coast

+ DAY 3

Four matches will be played on Monday, including the second-ranked U.S. taking on Australia in Winnipeg.

Celia Sasic and Anja Mittag had a hat trick each as Germany rolled to a 10-0 win over the Ivory Coast in Group B play at the Women's World Cup.

Simone Laudehr, Sara Daebritz, Melanie Behringer and Alexandra Popp also scored for Germany in the second-most lopsided win in event history.

The two time World Cup champions own the record for most lopsided World Cup game, an 11-0 rout of Argentina in 2011.

Sasic's three goals were the fastest hat trick in Women's World Cup history. Germany

is the first country to reach the century goals mark at the tournament, with 101. The United States has 98.

Ivory Coast was playing just its second international match of the calendar year and making its first appearance in the

Women's World Cup

Earlier, Isabell Herlovsen scored twice as Norway topped Thailand 4-0 in Group B play.

Trine Ronning opened the scoring for the 11th-ranked Norwegians in the 15th minute when she bent a free kick around a wall of Thai defenders.

Herlovsen added two more five minutes apart as the 1995 champions took a 3-0 lead into halftime.

Ada Hegerberg put one more past Thailand's goalkeeper, Waraporn Boonsing, in the 68th minute. THE CANADIAN PRESS

RECIPE Mango Strawberry Smoothie**EAT LIGHT AT HOME**
Rose Reisman
 rosereisman.com
 @rosereisman

This is a great snack or dessert beverage. You can always up the protein and have this as a breakfast smoothie by using plain or vanilla Greek yogurt rather than the frozen yogurt. Tastes as good as it looks! Serves four.

Ready in

Prep time: 10 minutes

Ingredients

- 4 cups sliced strawberries or raspberries
- 1 ½ cups low-fat vanilla frozen yogurt
- 2/3 cup low-fat milk or almond milk
- 2 cups diced mango

Directions

1. In a blender or food processor, purée strawberries, half the frozen yogurt and half the milk until smooth. Divide into 4 glasses. Rinse out blender.
2. Add remaining frozen yogurt, milk and mango and purée until smooth. Pour over top berry mixture. Serve immediately.

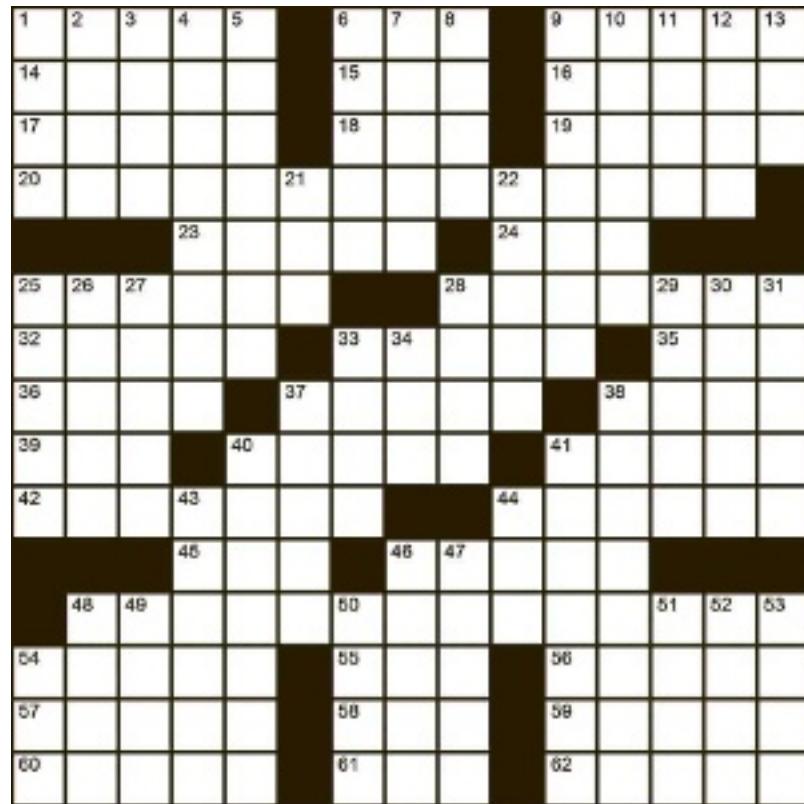
Nutrition per serving

- Calories 118
- Carbohydrates 22 g
- Protein 3 g
- Fibre 1 g
- Fat 2 g
- Saturated Fat 1 g
- Cholesterol 9 mg
- Sodium 70 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN**ACROSS**

- Piercing
- BCs opposites
- Spear
- Afterwards
- Try
- Had __ (Really had fun)
- Separate
- Two's half
- "Diff'rent Strokes" actress Ms. Plato's
- FIFA ___ Canada 2015 (Month-long international soccer tournament currently underway)
- Suppose
- Bucharest money
- Bits
- Beet soup
- The __ (Lumberjack's working locale)
- Celebrity chef Bobby's
- "And I Love __" (Lennon-McCartney)
- Wave: French
- Plank
- Sprint
- Seeing if the door is locked over and over, e.g.
- Grain fungus
- Lovely item on which to place a tea saucer
- "The Mary Tyler Moore Show" spin-off
- Gaii __ (Area off mainland BC which in the Haida language means 'Islands of Beauty')
- Barely get by



- Clayoquot __ (Body of water on Vancouver Island's western coast)
- Giver's recipient
- Excessively
- Surnamesakes of lyricist Tim
- Swashbuckler's weapon
- Ms. Jillian
- Wheat type

DOWN

- Cabbage creation
- Gloriole
- Bit of matter
- Styx song that goes "...I'm in fear for my life from the long arm of the law."
- Divorce attorneys analyze them
- Pledges
- Jurassic creatures,

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	7		4	5
6	8			9 4
9		2		8
3		4	2	
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	7	1		9
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7	2		5	

Difficulty Level ★★

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*** IT'S ALL IN THE STARS** by Sally Brompton

Aries March 21 - April 20 If your instincts tell you to be careful you must not ignore them. Today's Sun-Jupiter link may make you think you can do as you please but other aspects warn this may be the one time in ten that it goes wrong.

Taurus April 21 - May 21 You can see which way the wind is blowing but will you be flexible enough to bend with the breeze? If you refuse to budge even an inch you may find that breeze turns into a hurricane.

Gemini May 22 - June 21 Be careful what you say because with Jupiter, planet of excess, moving through the communications area of your chart you could easily go too far. Never forget that words can hurt as well as heal.

Cancer June 22 - July 23 If you keep your feelings bottled up inside you now they are likely to explode, so maybe it is better to let it all out. That cool, tough guy act is not fooling anyone.

Leo July 24 - Aug. 23 Jupiter in your sign means you won't let anyone limit you in any way. You demand freedom of thought, expression and movement and if you are denied any those things you will kick up a huge fuss this week.

Virgo Aug. 24 - Sept. 23 Stop tormenting yourself with fantasies of what might have been and get on with making a better life for yourself and those you love. You have been far too passive of late — get out there into the world and make things happen.

Libra Sept. 24 - Oct. 23 You may think you are a law unto yourself and for the time being you can certainly get away with a lot; but if you cut too many corners or break too many rules you are sure to create enemies.

Scorpio Oct. 24 - Nov. 22 The next few days will bring no end of challenges and you will need to be at your best to deal with them effectively. With Jupiter strong in your chart you feel you can take on the world and win. Let's hope you are right.

Sagittarius Nov. 23 - Dec. 21 You have got to be positive and start thinking in terms of success rather than failure. Most importantly, you have got to believe in yourself. The universe has a way of rewarding those who do.

Capricorn Dec. 22 - Jan. 20 You need to remember that nothing stays the same forever. The next few days may be difficult but if you see the changes that are taking place as necessary, and potentially good, they will be easier to deal with.

Aquarius Jan. 21 - Feb. 19 What does not destroy you will surely make you stronger, so stop feeling sorry for yourself and start standing up for your principles and beliefs. Your rivals may be powerful but you have right on your side, and that matters more.

Pisces Feb. 20 - March 20 There may be times today when you wish you were some place else, but the fact is you are where you are and you have to complete what others expect of you.

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